

## Coronavirus Disease 2019 (COVID-19)

# How to Self-Isolate

**You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).**

## Stay home

- Do not go to work, school or other public places.
- Stay home unless you need to get tested or require emergency medical care.
- Do not use public transportation, taxis or rideshares.



## Avoid contact with others

- No visitors unless essential (e.g., care providers)
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g., open windows).
- If these steps are not possible, keep a distance of at least 2 metres from others at all times.



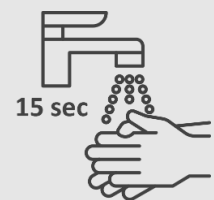
## Keep your distance

- If you are in a room with other people, keep a distance of at least 2 metres and wear a mask or face covering that covers your nose and mouth.
- People should wear a mask when they are in the same room as you.



## Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



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## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
- Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within 2 metres of other people, or stay in a separate room.
- If you do not have a mask, maintain 2 metres distance from people and cover your cough and sneezes. See [physical distancing](#).



## What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider if you have questions.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, follow the advice of your [local public health unit](#).
- Your local public health unit or testing provider will tell you how long you need to self-isolate based on your test results and situation.
- When you stop isolating, you should continue with physical distancing measures and wear a mask when unable to maintain 2 metres distance from people outside your household.
- If you are still unwell at the end of your self-isolation period, contact Telehealth or your health care provider.

## Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website at [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

For more information, please contact: \_\_\_\_\_

The information in this document is current as of October 28, 2020

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